



Sample 14-day Quarantine Plan

To be filled by student

Transportation

When I will arrive at XYZ (entry point to Canada, for example "Montreal Trudeau Airport (YUL)") in the city of XYZ, I have planned to take the following transportation in order to arrive at the transit point XYZ (city and specific location with address) or to arrive at the place where I will spend my quarantine period XYZ (city and specific location with address):

Transportation XYZ from the entry point to Canada XYZ to XYZ at (specific quarantine location with address).

I will take the following planned Health and Safety measures during my transit: separation of the driver by glass or plexiglass, washing and disinfecting hands, wearing of a face mask, etc.

*Provide proof of transport reservation/payment.

I will not stop anywhere during my transit to my location of quarantine and I will wear a face mask or face cover during the journey.

Accommodation

The place where I will spend my 14-day quarantine (and more if necessary), without the presence of vulnerable people (people aged 65 years and more, or who have underlying health conditions), is the following:

Address of Quarantine Location (street name and apartment/house number, city, province, postal code)

*Mention if you will be living alone or with others. If you think you will have to share the living space with others, explain the configuration of the living spaces and the health and safety measures planned when using common spaces (bathroom, kitchen, living room, etc.). *Provide written proof of the agreement with your roommates, if you plan on completing your quarantine in the same place as them.*

*Provide proof of reservation/payment of the place where you will be completing your quarantine.

I am committed to obeying the following guidelines:

- Stay alone in common living spaces as much as possible;
- Eat and sleep alone in one room of the housing accommodation;

- Avoid as much as possible to be in contact with other people in the accommodation. If this is impossible, to keep a 2m distance between myself and others. To cover my nose and mouth if I must get within 2m from another person;
- Air the living space and my room by frequently opening my window if the weather permits.

Food and Hygiene

During my 14-day quarantine, I plan on feeding myself by the following means*:

Online door delivery grocery order at XYZ

Door delivery catering service provided by my place of accommodation

Restrained use of a common kitchen with the following sanitation measures: Food drop-off by friends or family. Provide a list of businesses or friends / family, with their address and a way to contact them, who will help you get food.

*Select which applies from above means.

Health and emergency care

In case of sickness or symptom onset of COVID-19, I will contact the local public health authorities via the following contact number 1-877-644-4545.

I will go to a screening centre/medical clinic/hospital whilst following health and safety guidelines, wear a face cover, and I will inform the personnel upon my arrival that I have travelled abroad.

Financial Means

I have a credit card and Canadian currency that will allow me to cover the costs of transportation, accommodation and food, as well as health or emergency care (if needed); in order to comply with health measures in effect on arrival in Canada during my period of quarantine, and during my stay in Canada.

Declaration

I agree to stay in the accommodation where I will spend my quarantine, without leaving to public places or welcoming visitors. I will respect the hygiene measures, as recommended by the Public Health of Quebec. If symptoms of COVID-19 appear, I will isolate myself and immediately call the local Public Health authorities (1-877-644-4545) and follow any instructions received.

Signature

FIRST NAME, LAST NAME

DATE OF BIRTH

PASSPORT NUMBER